

# SUPPORT CONTACTS

## 24/7 EMERGENCY CONTACTS

Lifeline: 13 11 14

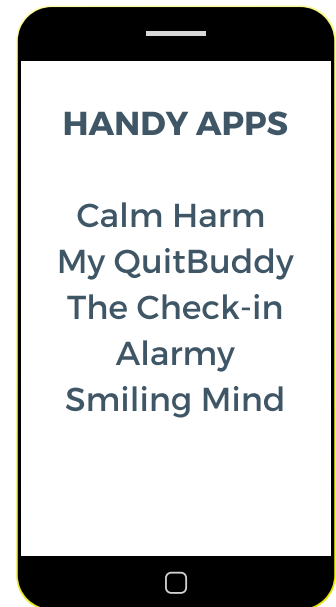
Kids Helpline: 1800 55 1800

Police / Fire / Ambulance: 000

Sexual Assault Crisis Line: 1800 806 292

Family Drug Support: 1300 660 068

CAT Team (Crisis Assessment Team): 1300 792 977



## HEALTH

Nurse On Call -  
1300 60 60 24

Headspace  
Frankston Youth Health  
Clinic - 9769 6419

Peninsula Health  
Mornington - 5970 2000  
62 Tanti Avenue,  
Mornington

Rosebud - 5986 9250  
38 Braidwood Avenue,  
Rosebud  
Community Dental:  
5986 9200

Hastings - 5971 9100  
185 High Street, Hastings  
Community Dental:  
5970 9120

Frankston - 9784 8100  
2 Hastings Road, Frankston  
Community Dental:  
9784 8184



## MENTAL HEALTH

Salvation Army Care Line  
(24/7 trained counsellors) -  
1300 36 36 22

Headspace  
headspace.org.au  
Frankston Centre - 9769 6419  
ehespace.org.au - online  
counselling and advice

ReachOut  
reachout.com



## LEGAL

YouthLaw -  
9611 2412  
www.youthlaw.asn.au

Legal Aid Frankston -  
9784 5222

## HANDY APPS

Calm Harm  
My QuitBuddy  
The Check-in  
Army  
Smiling Mind



## ALCOHOL AND DRUGS

Direct Line (24/7 drug and  
alcohol counselling) -  
1800 888 236

Youth Support & Advocacy  
Service (YSAS)  
24/7 free and confidential -  
1800 458 685  
www.yodaa.org.au/youth

Alcohol and Drug Foundation  
(ADF) - information, advice  
and support.  
adf.org.au

Frankston and Mornington  
Drug and Alcohol Service  
(FaMDAS)  
Central Intake: 1300 665 781

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## HOUSING

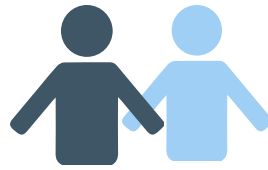
SalvoCare Eastern  
(emergency)  
Rosebud Crisis Centre -  
5986 7122  
Free Call 1800 825 955 (24  
hours)  
Frankston Crisis Centre -  
9784 5000

Melbourne City Mission -  
Detour program  
Frankston / Peninsula -  
1800 474 993

Whitelion -  
Youth Assistance Program  
Frankston / Peninsula -  
9783 1664

WAYSS  
Frankston intake -  
9770 2867  
wayssltd.org.au

Fusion  
Mornington Peninsula -  
5974 1442



## FAMILY SERVICES

Department of Health and  
Human Services  
The Orange Door -  
1800 319 353

Parentline Victoria -  
13 22 89



## JOBS & WORK READINESS

Youth Central -  
[www.youthcentral.vic.gov.au/jobs-and-careers](http://www.youthcentral.vic.gov.au/jobs-and-careers)

Mornington Peninsula Jobs -  
[www.fmpjobs.com.au](http://www.fmpjobs.com.au)

Seek jobs -  
[www.seek.com.au](http://www.seek.com.au)



## OTHER SERVICES

Shed11 Youth Centre -  
5950 1666  
11 Marine Parade, Hastings  
The Corner Youth Centre -  
5975 3114  
91 Wilsons Road, Mornington

YLounge Youth Centre -  
5986 3585  
1 Nepean Plaza, Rosebud

Youth Central -  
9768 1366  
60a Playne Street, Frankston  
(next to Frankston Library)



Peninsula Pride program  
(Lesbian, Gay, Bisexual, Trans,  
Queer, Intersex young people  
& friends) Frankston and  
Mornington -  
9769 6419



Koorieez Space Youth  
Group (Aboriginal & Torres  
Strait Islander young people)

9769 6419